

Who Is At Greatest Risk

While most people who get influenza will recover within two weeks, some groups of people are at greater risk for developing severe and life threatening complications as a result of influenza. The best way to prevent influenza is by getting the influenza vaccination each year.

High risk groups for influenza include:

- All children under 5 years of age.
- Children and adolescents receiving long-term aspirin therapy.
- All women who will be pregnant during influenza season.
- Adults 50 years of age and older.
- Residents of nursing homes and long-term care facilities.
- Adults and children with serious medical conditions such as:
 - Diabetes
 - Asthma
 - Emphysema, COPD and other lung disorders
 - Heart and kidney disease
 - Cancer or poor immune systems

Yearly influenza vaccinations are recommended for:

- Individuals in high risk groups.
- Health-care workers with direct patient care.
- Out of home caregivers.
- Household contacts of children under 5 years of age and adults 50 years of age and older. (Important note: influenza vaccine is not given to infants 6-months of age and younger).
- Anyone who wants to reduce the risk of developing influenza.

Utah's Influenza Vaccine Locator
www.immunize-utah.org/apps/flu/index.php

For More Information, contact your health-care provider, local health department or the Utah Department of Health at 801-538-6191